





SHOVELLING SAFETY TIPS













Be Prepared

- ✓ Ensure you have been trained on proper shovelling technique
- ✓ Review the site to identify potential hazards
- ✓ Call to have the services located before you dig
- √ Warm up with light exercise before shoveling
- √ Use appropriate personal protective equipment (PPE):
 - Safety glasses
 - Non-slip safety shoes
 - Gloves
 - Appropriate clothing

Work Safe

- ✓ Be aware of other people and processes in your work area
- ✓ Select the right shovel for the job: Generally a round blade for digging and a square blade for moving loose material
- ✓ Keep work close to your body. Avoid stretching and reaching
- ✓ Push snow if you can instead of lifting it
- √ Skim off the top of the pile and avoid picking up too much weight
- ✓ When throwing the material face the direction you will throw, do not twist your back
- √ When digging into hard ground press the shovel in to the ground with your foot and use your weight to push it down
- In cold and hot weather take regular breaks indoors

Finish Right

- ✓ Tidy the work area
- ✓ Clean and put away PPE
- ✓ Let your supervisor know of any safety concerns















)) Speak up!

If you see a hazard, let a supervisor know. Everyone plays a role in your safety and health.





HOW TO USE SAFETY CHECKS FOR WORKERS

Safety checks provide information for workers on how to work safely with specific hazards. Safety Check information can be used in orientation training, tailgate talks or even in one-one coaching. Use the following tips to help you communicate this information in your workplace:

- Use language that is consistent with the workplace
- Consider the work you do and specific examples of how these hazards can result in injury or illness
- Explain how the safe work practices will help prevent injury and illness
- Wherever possible, use the actual tools, equipment, materials and PPE to demonstrate proper use
- Ask specific questions during your talk to check understanding
- Keep a record of each talk that you deliver (see the form below)
- Post a copy of the Safety Check for workers to reference



OWNERS AND SUPERVISORS

Have you taken reasonable measures to control this hazard using the hierarchy of controls?

- Providing ergonomically designed tools
- Policies and procedures for proper use and maintenance
- Inspecting and repairing equipment regularly
- Training staff on how to recognize, assess and control hazards
- Implementing and enforcing PPE program

Date:	Topic:		
Safety Check Session Leader:			
Learner Name (Please print)		Signature	





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